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FRIDAY, JANUARY 29, 2010

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New movie house brings back memories  
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**New chapter**  
Local's first novel sets trilogy in motion  
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# INPORT NEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 4 VOLUME 14

For news updated daily see [www.inportnews.ca](http://www.inportnews.ca)

**OUT OF THE COLD**

**Feeding the need**  
KAESHA FORAND  
InPort News Staff

PORT COLBORNE — Serving an Out of the Cold meal is a monthly task shared by a number of students and classes at Lakeshore Catholic High School. Every third Tuesday of the month, from September to April, the special needs class begins by peeling potatoes and carrots or vegetable of the day.

See OUT OF THE COLD | Page 2

See Inside: **DUPO'S  
INSERTS**  
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Selected Areas

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**HEALTH:** Services now offered at Port Cares every Wednesday

## Health bus back on the road

KAESHA FORAND  
Tribune Staff

PORT COLBORNE — You can still find free health-care services where you see the new mobile bus. It's been retrofitted so it can go inside a building instead of onto the bus.

A well-known retrofitted Health Bus has been parked on Niagara's streets since 1999. It has seen its fair share of clients and logged thousands of kilometers.

That large bus has been retired — but local organizations have stepped up to the plate to offer services from their locations.

Services are now being offered at Port Cares, through the Ontario Early Years Centre entrance, from 9 a.m. to noon and 1 p.m. to 4 p.m. on Wednesdays.

In Welland, the Health Bus will be parked Tuesday at Niagara Region's health offices on Division Street.

Health Bus services include treatment of minor medical conditions, vaccinations, pregnancy tests, free condoms, birth control, sexually transmitted infection testing and treatment, mental health counselling and prescriptions, when a nurse practitioner is available.

See HEALTH BUS | Page 2



Health bus team leader and registered nurse Maria Rosiana, and public health nurse Stacey Allegro pose in the new health bus van provided by The Wise Guys Charity.

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# upfront

## ■ HEALTH BUS

### Wellness on wheels

FROM PAGE 1

Although it no longer provides dental services, nurses provide advice and refer patients. Manager of the sexual health program clinical services division, Alan Spencer said that in 2008, 5,398 people used the service. The majority were age 45 to 55. In Port Colborne, there were 699 medical visits and 59 dental visits in 2008 when the bus was parked in front of Food Basics on Clarence St.

"We think this will be a better model of service and it will be warm in the winter and cool in the summer," Spencer said, noting Port Cares has been working with public health and is part of the Health Bus advisory committee.

Offering space to public health for the Health Bus was an easy decision for Port Cares.

"We do it because it provides a wonderful service in the community," said Marnie Lamble of Port Cares.

[kforand@wellandtribune.ca](mailto:kforand@wellandtribune.ca)

## Health bus schedule

**Monday:** Niagara Falls, Project Share from 1 to 4 p.m. and at Out of the Cold from 4:30 to 7 p.m., at Community of Christ Church.

**Tuesday:** Welland Public Health at 200 Division St. from 1 a.m. to noon and 1 p.m. to 4 p.m.

**Wednesday:** Port Colborne, Port Cares 92 Charlotte St. from 9 a.m. to noon and 1 p.m. to 4 p.m.

**Thursday:** Beamsville Community Care from 1 p.m. to 3:30 p.m. and St. Catharines Out of the Cold from 4:30 to 7:30 p.m. at St. Alfred's Church.

**Friday:** St. Catharines Housing Help from 9 a.m. to noon and in Fort Erie at the Salvation Army from 1 p.m. to 3:30 p.m.

## ■ OUT OF THE COLD

### Need is greater than ever

FROM PAGE 1

The culinary arts class puts its knowledge to work by making a special pot of soup. Then at 4 p.m., about 12 staff and students make their way to the Guild Hall to start preparing a meal for more than 100 Port Colborne residents. Doors open at 5 p.m. for dinner and tea, and for diners to socialize before the meal is served at 6 p.m.

Last week's menu consisted of cream of broccoli soup, salad with homemade dressing, potatoes, carrots, roast beef and pie for dessert, in addition to fruit to take home.

It's a labour of love for Joseph Van Ruyven and a number of other Lakeshore Catholic teachers who supervise and cook the meals.

For more than a decade they've been preparing meals. And now more than ever, they see the need.

"The numbers are definitely up — at least 25%," said teacher Kevin Timmins.

Van Ruyven said in previous years, serving 60 patrons was a busy week. Now volunteers see a minimum of 60 to 80 hungry people per meal.

He says the meal is "with all kinds of benefits in Canada and we do it because it's needed."

Staff rely on a few students who come month after month to give time to help while new volunteers also provide their time.

Rudier Zhang has volunteered about five times this year and has committed to continuing to provide these services through the school's Interact Club, a junior Rotary group that encourages community participation.

The Grade 11 student says it's not a lot to volunteer once a month. Zhang also volunteers at the Fort Erie Library to peer tutor and helps at another soup kitchen in Fort Erie.

Lakeshore is responsible for half the cost of the food, which averages about \$200 for its portion. Those funds are raised through barbecues held during Gators football games.

This is the first year that Grade 12 student Jordan Verburg has contributed to the meal, having heard about it through friends at school.

"It's something I like to give back to the community," he said.

"People should get more involved. There are plenty of times you're sitting at home — a lot of people can give back to the



KAESHA FORAND Staff Photo

Erika Spiteri, John Cavasin and Kathleen Corey prepare pie for the Out of the Cold meal served every third Tuesday by Lakeshore Catholic High School at the Guild Hall.

#### community."

Out of the Cold co-ordinator Leslie Kennedy confirmed the turnout for dinners have been higher on a weekly basis.

"The numbers have been going up to the high 80s," she said.

A hot meal is provided every Tuesday at the Guild Hall and is served by Lakeshore and First Lutheran, First Presbyterian, Fords Rd. United and Port of Grace churches on a rotating basis.

St. James and St. Brendan Church also serve meals and provide volunteers to help.

Kennedy said funds to purchase food are also donated by churches, community groups and individuals.

"Clients come up to the kitchen and thank us later. It's very gratifying."

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# portraits

## Sharks take on the Ice Dogs

St. Patrick Elementary School hosted a friendly game of floor hockey with the Niagara IceDogs last Tuesday. IceDogs team members Mike Schwindt and Simon Gronvaldt spoke to students about life as a OHL major junior A hockey players.

— Staff Photos, Kaesha Forand



The IceDogs had some young, enthusiastic fans cheering for them.



Hunter Gregorski poses for a photo with Bones.



The Sharks, the winning floor hockey team, faced off against the Ice Dogs.



Mike Schwindt, Simon Gronvaldt and Bones speak to students.



Bones' helper Sam Marano battles Dylan Grawey-D'Amico for the ball.

# IMPORT NEWS

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Ken Koyama, publisher, general manager

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## ■ Ourview

### Kindness among Haiti's ruins

MICHAEL DEN TANDE

Sun Media

People are animals and doomed to destroy one other, some say. In an apocalyptic event, our film culture tells us, we turn ugly in a heartbeat.

But that didn't happen here. At least it hasn't yet, despite all expectations to the contrary. There have been many isolated incidents of violence, but it hasn't boiled over.

Here's a radical thought. It's not because of the marines, though they were surely helpful. It's not because of the DRC's force protection detail. It's not because of the international agencies buzzing into Toussaint L'Overture airport by the dozens.

In the early days post-quake, through day six, none of those were present in any significant way. It was mainly just the Dominicans, passing out what little food and water they could.

No. Canadians arrived because of the common sense, decency and compassion of common people; the vast majority being Haitians — but not all.

Diplomats and the diplomatic corps get a bad rap. What cusher job can one imagine? Tennis, gin and tonics by the pool, or beneath a ceiling fan just like in a Grauman Green novel.

Last week, if you'd had a peep's eye view of the Canadian embassy in the earthquake zone, you'd have seen a very different reality. There's a woman named Danielle (I won't use last names because none of these folks wanted to be on the record), who directed the evacuation of Canadian refugees. This is day two. The situation, catastrophic. There was little food and water was tenuous. The embassy pool — yes, there is a pool — was being held in reserve just in case.

Hundreds of Haitian Canadians would gather on the tennis court (yes, there is a tennis court), or on the lawn under the trees. There they'd be processed, documents checked. The injured were treated in the small field hospital set up by the military. Then off they'd go to the airport. This way, day after day — the embassy grounds filling, then emptying, and filling again.

Time and again I saw Danielle, her arm around a stick figure of a woman. She sat with them, held their hands. Then off she went to the next needy person. She was always there it seemed, no matter the time of day. I don't know where she slept, if at all.

There was another fellow, named Jean-Francois, a section chief at the embassy. He was deployed to run the kitchen. So there we were, eating, with breakfast to cook for 100 people. I fed him no respect. The work crew he'd expected hadn't shown up. He was frazzled, no question. But he never once let his courtesy slip. He cooked one breakfast at a time, laboriously, until every refugee who was hungry was fed, and everyone who wanted a coffee got one.

See EDITORIAL | Page 5

## ■ CAMPAIGN KICKOFF



MARYANNE FIRTH Staff Photo

Port Colborne kicked off its Heart and Stroke campaign Friday with the raising of the Heart and Stroke Foundation flag at city hall. Canvassers will be going door to door throughout February to collect donations for the organization. Pictured from left is Port Colborne Mayor Vance Badaway, foundation area manager for the Niagara Peninsula office Susan Chouinard, canvasser Livia Martin, program co-ordinator Kate McNamee, and door-to-door campaign co-chairs Marci Lunt and Lynne Goulet. More canvassers are still needed for the Port Colborne area. Those interested are asked to call Lunt at 905-834-3471 or Goulet at 905-835-3554.

## ■ readers' views

### Bad planning, not sentimentality

*InPort News* front page — OMB to decide fate of controversial condominium. I was shocked by the way the reporter handled the story. Comparing planning policies, whether good or bad, with sentimentality, makes any pretense of impartial reporting rather a bad joke.

An OMB hearing is a court of law and as such most planning has to take an oath to tell the truth to both the public and nothing but the truth." The only ones at the OMB hearing being reported not required to take the oath were the reporters responsible for this article and, strangely enough, the lawyers taking part in the hearing. The OMB of the Region and Wainfleet Township.

Lee Bott and Betty Konc were not advocating anything on the basis of sentimentality. To ignore their years of serious research into the appeals they were making seemed to me to be insulting. Mrs. Bott had made no secret of the fact she had a long-standing interest in the area that the Seneca Camp was and was extremely upset when it closed and subsequently when the site was sold and this proposed development became a matter of public

knowledge. Would someone please tell me where sentimentality comes into play in the planning of Miss Bott's subdivision? I stated that after her recent research into this blatant example of bad planning she has concluded that in spite of her total commitment and support for the Easter Seals children she now realizes that if the planning policies of the day had been upheld she would have been awarded the land for her proposed development of any type.

Mrs. Konc was also paraphrased to imply sentimentality. She did not testify that "(Wainfleet residents) don't want to provide opportunities for outsiders to move in and profit from what is only concerned with bad planning policies, nothing whatsoever to do with sentimentality. To extend this initial bad planning by using earlier bad decisions to perpetuate even worse bad planning today — as this developer and his legal team are attempting to do — is based only on a foolish disregard for the public by no more than profit rather than any accepted and known planning policy facts.

See LETTER | Page 7

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## ■ WORLD ISSUES

### Senegal and Haiti



Gwynne Dyer

Is it a comment or just a political cartoon? Senator Abdoulaye Wade may not even know the answer himself, but his offer to let quake-stricken Haitians resettle in his West African country certainly qualifies as the most flamboyant response to the tragedy in Haiti.

"The repeated calamities that befall us are a reminder that there is no simple solution: to take measures to create, somewhere in Africa, the conditions for Haitians to return," the 83-year-old Senegalese president said on Saturday. "They did not choose to go to that island. It is our duty to recognise their right to come back to the land of their ancestors."

Well, some of their ancestors, anyway. The slave populations of all the Caribbean islands were deliberately drawn from different parts of the west African coast, so that they would speak a variety of languages and find it harder to unite. That's why many of Haitian Creole suggest that there were many Wolof-speakers (the most widely used indigenous language in Senegal) among the slaves of Haiti.

Educated Haitians also speak French, of course, as do educated Senegalese. It's not as though Hartley G. Sol Johnson would offer a new home to Haitians. But it is nevertheless mighty peculiar; just where does Abdoulaye Wade propose to put them all?

He does sound serious about his offer and he says that large numbers of Haitians have already spoken up. Mamadou Diop Ndiaye, explained: "The president is offering voluntary repatriation to any Haitian that wants to return to their origin. If it's just a few individuals, then we will likely offer them housing or small pieces of land if they come en masse with their families."

Now, it's true that 90% of Haitians would leap at the chance to leave their country, the poorest in all the Americas, but the destination they have in mind is Miami or Montreal. Senegal is one of the best-run and most democratic countries of Africa and it has suffered far less badly during the ten-year rule of Abdoulaye Wade, but it does not feature prominently in Haitian wish-lists.

It is also true that most Senegalese feel that their country is quite full and that it is at a large surplus of Haitians. There are 14 million people in Senegal, and the population is still growing fast. There are 10 million people in Haiti, and its population is growing fast too.

See GWYNNE DYER | Page 5

■ GWINNE DYER

# Haitian relocation would cause chaos in Senegal

FROM PAGE 4

Moving a million Haitians to Senegal would relieve the intolerable pressure on Haiti's badly degraded land for less than a decade — and it would be a disaster.

"If they come en masse we are ready to give them a region," said the president's spokesman, adding that it would be in a fertile part of the country rather than in its parched deserts. But there is no fertile region of Senegal that is not already fully populated by people whose families have been there for centuries.

Where is the president planning to put them? So yes, it is a stunt, not a real offer, and what gives the game away is the fact that Senegal is offering voluntary repatriation to Haitians, not assisted passage.

They are welcome to come to Senegal if they can find the money for the airline tickets — but how many Haitians are likely to leave? And what of Haiti? As hard as you might look for signs of hope amid the ruins, you will not

find any. The earthquake is a dramatic interlude of natural disaster in a long history of tragedy which has been mostly man-made. While it has devastated Haiti is politics, much of it imposed from outside by foreign governments: the French in the 19th century, the United States in the 20th and 21st. No honest and competent Haitian government has ever survived more than a couple of years.

The result is that the runaway population growth, the unskilled and illiterate population, the universal corruption: all these are due to failures of policy, not to some fundamental flaw in the character of Haitian people. But by now there have been generations of despair and neglect, and it is getting harder and harder to see how Haitians might turn it all around.

No wonder most of them want to leave. But most of them never will.

*Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.*

## ■ EDITORIAL

## Pulling together to weather the tough times

FROM PAGE 4

It's that way among reporters too. People ask me sometimes why I'd go off to a war or a disaster zone, and my answer is that I enjoy the long hours in terrible conditions. One reason is that I like how people behave in these situations.

Reporters pull together as at no other time. They help each other out, share gear and ride

The dross and pettiness of the business fall away.

The fatuous cynic, Thomas Hobbes, said: "The condition of man ... is a condition of war for everyone against everyone."

What nonsense. The great fact of the human condition is not how evil we are towards our fellow man, but how kind.

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Cardiovascular disease are now the leading killer of women — and kill more people of both sexes than all other diseases combined. Prior to 1910 strokes were a rarity. Now they have become epidemic proportions. Decades of low cholesterol and low fat diets, bypass surgery and angioplasty have done nothing to reduce the number of times this deadly epidemic strikes. Whatever we have been doing obviously isn't working.

### The Cholesterol Myth

Cardiac surgeons typically report that 80 per cent of their patients have normal blood cholesterol levels. If high cholesterol only sometimes accompanies atherosclerosis (the narrowing of the arteries that strangles blood flow), then it clearly cannot be causing the problem.

Historically we knew that cholesterol and saturated fats do not cause heart disease. If they did, rural populations would have died off generations ago. The typical farm diet prior to 1910 included lots of eggs, butter, cheese, bacon, lard and beef.



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**HIGH HOOPS:** Police engage local youth in a friendly game of basketball



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DAN GRABOWSKI DD



KAESHA FORAND Staff Photos

Local youth who are part of Uberguth and the Boys and Girls Club faced off against members of the Niagara Regional Police last week in a friendly game of basketball at the Centre for Community Living. The idea came from the NRP community services division. It aims to have local youth become acquainted with officers in a positive atmosphere.

Upper left photo: Adida Smith and Matt Hughes try to get the ball away from NRP officer Johnny Dimarzio.

Upper right photo: Michael Pomoski goes around NRP officer Nilan Dave and Mayor Vance Badaway.

## ■ EVENT

# Mayors of South Niagara Luncheon to be held Feb. 4

InPort News Staff

Local chamber of commerce officials are reminding people to reserve their tickets for the Mayors of South Niagara Luncheon on Thursday, Feb. 4, by calling 905-732-7515 or e-mailing chamber@lawn.ca.

Tickets are \$20 for chamber members, or \$25 for non-members.

The event will be held at Sparrow Lakes Golf Club, 105 South Pelham Rd., in Welland.

Registration is at 11:30 a.m.

The event is a joint initiative with chamber of commerce offices in Welland, Port Colborne and Greater Fort Erie.

**LETTER****Development represents worst kind of planning**

FROM PAGE 4

The apparent wisdom from the lawyers and others supporting this project were given credibility by the article only have to be read and ridiculed.

Tom Richardson, Wainfleet's lawyer: "...to protect the ratepayers from the costs, should the communal system fail." Not one lawyer at the hearing or the two who presented could publicly say this and guarantee or testify these costs won't fall on Wainfleet ratepayers. John Crossingham, developer's lawyer, "While it looks like a subdivision, it's not." Thirty five single residences on 25 acres is not a subdivision? You could've fooled me.

Brian Bishop, an expert for the developer: "The site would be flood proof." Testimony stated the individual single residences could be built flood proof, even their basements, but also stated the site itself is accepted as being within a flood hazard area over which they had no control. To the up to four members of council present on any one day of the hearing I heard not one comment from the 30 Wainfleet residents present who were not there to support Lee and Betty. Seems to me, that shows nearly 90% support for

those who agree this project is bad planning policy and should be stopped.

It is the very worst kind of bad planning and contradicts any pretense of environ-

mental concern or protection along this fragile Lake Erie shoreline. No Condominium Act policy can refute that.

Andrew Watt, Wainfleet

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It usually starts with an aching body and a sore throat—and you know a full-blown bout of the flu is on the way. These symptoms are quickly followed by headache, fatigue, aches and pains, stuffy nose, weakness, sneezing, sore throat, cough, fever and overall discomfort. Experts say the average Canadian suffers through 3 to 4 colds every flu season (children average about 9). A standard bout of flu however, generally lasts about a week but often goes on for 2 weeks or more.

"People with the flu say they feel like they could die," says Dr. Claire Pomroy, Chief of Infectious Diseases at the University of Kentucky Medical Centre... "and in fact, people do die!" About 2000 Canadians are felled by the flu each year, though most are elderly or infirm.



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(front row):  
Carrie Tworyczuck, Amy Kish  
(back row):  
Laurie Huneault, Elisa Barrett,  
Cindy Borgatti

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**SCHOOL LIFE:** Local students collect funds for Haiti

KAESHA FORAND Staff Photo

Students at École Saint Joseph proudly wore Haitian flags as pins recently in support of Haiti. The Grade 7 and 8 class is also making donation containers to collect funds to be donated to Club Richelieu International's work in Haiti. Those involved include (front) Liette Croteau, Joëlle Lemarque, Brandon Rodrigue, (back left) teacher Mike Raymond, Emily Benner, Evan Young, Jordan Badaway and Natalie Bilodeau.



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EYE EXAMS ARRANGED

# RECIPE of the Week

Jan. 29th to Feb. 12th

## Our Port Country Pantry's Secret Ingredient Lemon Loaf

- Preheat oven to 325 degrees F. Spray a 9 x 5 inch loaf pan with non-stick cooking spray. Cream butter & sugar until fluffy. Cream in eggs, one at a time. Stir in orange juice and flour.
- Combine ingredients. Stir into butter mixture just until combined. Pour into prepared pan & bake for 1 hour and 15 minutes or until center is set and toothpick comes out clean.
- Place on rack. Use wooden skewer to pierce hole deeply all over surface of loaf. Combine icing sugar & lemon juice, then heat in microwave until boiling; stir until sugar is completely dissolved. Brush every over very hot cake. Let cool in pan for 15 minutes. Turn out & let cool on rack直到 side up.

Makes 1 loaf.

### 10% off our product ingredients

Granulated Sugar • All-purpose Flour • Whole Wheat Flour  
• Baking Powder • Sea Salt

#### INGREDIENTS

- 1/2 cup soft butter
- 1 cup Granulated Sugar
- 3 eggs
- 1 cup pureed or well mashed cooked parsnips
- 1 tsp. vanilla extract
- 2 cups All-purpose Flour
- 1 cup whole Wheat Flour
- 1 1/2 tsp. baking powder
- 4 tsp. finely grated lemon rind
- 1/4 tsp. regular salt or sea salt
- 3/4 cup icing sugar
- 3 tbsp. lemon juice

# SHIPMENT IS HERE

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**FUNDRAISER:** Chiropractic clinic offers free treatments Feb. 10

## Help the animals by helping yourself

MAGGIE RIOPPLE

InPort News Staff

**PORT COLBORNE** — Doctors With a Heart are giving patients an opportunity to get services at no charge, and while showing they have a heart for needy animals.

Dr. David Salanki and his staff at Chiropractic Associates of Port Colborne will examine and treat all members of the local community at no charge on Wednesday, Feb. 10. All initial consultations, examination, treatment and X-ray fees that day will be waived.

In lieu of charging fees, patients will be asked to donate to Welland and District Humane Society's Port Colborne shelter.

"We supported the humane society two years ago and had a very positive response from the community," said Salanki, adding that while there are a lot of worthwhile charities, there are no major fundraisers specifically for the Port Colborne shelter.

And people generally have an emotional response, a bit of a soft spot for animals in need, he said.

This is a great opportunity to show support for the humane society, its staff and the important work they do to provide shelter and emergency services to animals that have been victims of abuse or neglect, he added.

**The economy is creating an environment where people are giving up on their animals.**

Ted Bettie, Welland and District Humane Society

"We greatly appreciate any help we can get," said humane society senior operations officer John Gruenwald.

Shelter manager Ted Bettie said the humane society is always in need of funds, and like other organizations it is facing challenges in the current economy. There are more animals coming in and funds being spent to care for them.

"The economy is creating an environment where people are giving up on their animals," Bettie said.

"Some people can't afford to get their animal the care they need, so when they come to us, we are spending a lot on treatment. Vet bills can add up very quickly."

The humane society is also dealing with more cruelty and abuse cases, Bettie said, noting the shelter dealt with eight serious cases on one recent weekend.

For the Doctors With a Heart event, people can also bring canned food for dogs, cats, puppies and kittens; blankets to be used during rescues; cat litter; pet crates; and dog and cat cleaning products and flea prevention products.

Bettie said many people have asked the society for assistance with vet bills, but the organization has so many abandoned animals to care for that it cannot stretch out people unable to cover those costs.

On the bright side, Bettie is encouraged by the number of animal adoptions.



MAGGIE RIOPPLE Staff Photo

Welland and District Humane Society will benefit from the Doctors With a Heart event on Wednesday, Feb. 10. From left, humane society senior operation officer John Gruen (holding one of the many animals up for adoption) with Dr. David Salanki of Chiropractic Associates of Port Colborne, host of the Doctors With a Heart event.

Salanki said Doctors With a Heart not only assists a local charitable organization, it also gives people in the community who may not have access to certain health services due to financial constraints an opportunity to see a professional.

Doctors With a Heart events are part of a North America-wide charitable project. The 15,000-member program includes such professionals as chiropractors, dentists, podiatrists, optometrists, physiotherapists and psychologists.

Chiropractic Association of Port Colborne, in the Port Villa Market at the corner of Steele and Killaby Sts., will be open for Doctors with a Heart from 9:30 a.m. to 6 p.m. Appointments will be made on a first-come, first-served basis. Call 905-835-1303. Donations can be left at the office that day.

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## Dry Skin

At this time of year patients are starting to complain about dry skin. Dry skin management often involves some trial and error of different products, but there are some general rules everyone can follow to help manage symptoms.

Dry skin occurs when oils in the skin are lost and water that is normally in the skin is able to escape. When bathing or showering it is important to use lukewarm water as opposed to hot water. Hot water can cause more oil to be lost from the skin and cause itching and dryness. Soap should be used only for groin, underarms, and feet. Other moisturizing body washes can be used for the rest of the body. After showering or bathing apply a moisturizer to help retain some of the moisture from the shower.

There are many different types of moisturizers. Depending on the ingredients they have separate functions. Some ingredients can hydrate and soften the skin. Others provide a barrier to prevent water loss, and others help to draw water to the top layer of the skin. Depending on what combination of ingredients are used there are four classes of moisturizers. There are ointments, oils, creams, and lotions.

Examples of ointment moisturizers include Aquaphor, and Vaseline. These moisturizers can be greasy and only a small amount is needed. They would be useful for someone with very dry hands. They can be applied at night under cotton gloves.

An example of an oil moisturizer would be baby oil. Again, only a small amount is needed. It is not a good idea to add these to the bath because they can make the tub very slippery. As well they can cause yeast infections when added to bathe water.

An example of a cream moisturizer would be Cetaphil moisturizing cream. Cream moisturizers are generally less greasy, and very gentle for sensitive skin. Cetaphil specializes in products that won't cause acne and are safe for people with allergies.

Lotions are the least greasy; however, they sometimes contain alcohol and can be drying. An example would be Nivea body lotion. Read the label on the back of the lotion. You may want to avoid those that contain alcohol.

In general, most moisturizers need to be applied several times throughout the day.

Our cold dry climate leads to many complaints about dry skin. Luckily, there are many products on the market than can help even the worst sufferers. If you are not sure about what is right for you, you may need to ask for some professional advice.

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Saturday February 6, 2010

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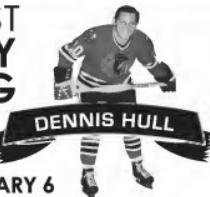
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10 ■ INPORT NEWS ■ FRIDAY, JANUARY 29, 2010

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MARYANNIE FIRTH

Staff Photo  
Grade 5 student  
Claire Gittins and  
her class at St.  
Patrick Catholic  
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for a bake sale  
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■ PROJECT: Newly built Buliung Rd. bridge uses up-and-coming technology

## Fibreglass bridge a Niagara first

KAESHA FORAND  
InPort News Staff

WAINFLEET — The Buliung Rd. bridge looks like it's from the future.

However, it's using new technology to solve the problems of old, cracking concrete and rusting rebar. And, it's a first in Niagara.

The bridge deck is made of fibreglass. The span replaces the original bridge that was built in 1948 over a small watercourse.

"It was in bad shape and an engineering report said the shoring either needed it or have a lot of repair work," said Wainfleet operations director Greg Wuisman.

Wainfleet has a number of bridges which are inspected every two years.

"I wanted to try something different instead of steel beam and concrete decks," he said. "Fibreglass is up-and-coming technology."

The fibreglass composite bridge deck cost \$275,000, below the township's \$300,000 budget. Federal and provincial

governments are contributing \$100,000 each.

Two panels were fabricated at Guardian Bridge Inc., near Guelph and trucked to Wainfleet. They were dropped in place with concrete piers, which were poured above abutments and guardrails were installed, all in the course of a week. Asphalt was laid above the fibreglass.

The seven days of down time was much less time than the three months it took to complete the Quarry Rd. bridge of similar size.

Wuisman said Niagara Peninsula Conservation Authority supports the new fibreglass concept because during the construction of a typical bridge, wet concrete may drip down in the body of water below.

Fibreglass is water-resistant and is expected to last 150 years. Concrete, on the other hand, often lets salt seeping to rebar, which then rusts and expands and causes the concrete to pop. Fibreglass is also much lighter than traditional concrete bridges.



KAESHA FORAND Staff Photo

**Wainfleet director of operations Greg Wuisman stands on the newly finished Buliung Rd. bridge. Although it looks like an average bridge, its made of fibreglass and cost less than a concrete bridge to build.**

- At least 1 in 3 people could still get H1N1.

- Half of those in hospital with H1N1 have been under 24 years old.

- Flu season continues until April.

- 1 in 5 people hospitalized with H1N1 have ended up in intensive care and/or on ventilators.

- More people have been sick this year from the flu compared to the past 5 flu seasons.

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 Ontario



**PEOPLE, PLACES:** Watching movies is a more intimate experience at Ridgeway's new hot spot

# Boutique theatre takes cinephiles back in time



George Duma  
BY GEORGE

**I**t's like stepping into yesteryear.

Walking through the doors of The Boutique Movie Theatre on Ridgeway's main drag brings back memories of a different era when small towns had downtown movie houses.

Many will recall those days, when giant impersonal multi-plexes with two-storey screens were still far off in the future.

Boutique owner Heather Bauer opened the doors to her theatre during the first week of this past December in a "soft opening."

On a recent Saturday late-morning visit, Bauer is an extremely gracious host as she describes how she and a contractor took

the old print shop and transformed it into a movie theatre. And they're finishing condos on the second floor, but more on that later.

"Actually, before that it was Ridgeway's beer store. In those days, they used to insulate the walls. When we pulled it off, we found tar underneath."

Bauer, a Brampton native, sold a group of day-care centres she owned in the Brampton-Milton-Georgetown area and decided to pull up stakes and start a new life in Ridgeway. She was familiar with the area from owning a trailer at Sherston Shores. The mother of three now lives in Crystal Beach.

It really is remarkable what she has done with the place.

There are two theatres in the building, each with about 40 seats. But oh, what seats. They're leather recliners and by far the most comfortable movie theatre seats I've ever experienced.

We were on our way to meet friends for

dim sum at Fort Erie's Ming Teh restaurant on the Niagara River waterfront so we couldn't stay for a movie. However, Bauer did give us a taste of the experience by screening some trailers for us, as well as a short film titled "Princess Bride." The experience is incredible!

"We're really catering toward a more mature audience," she says.

The younger crowd does come to enjoy the theatre as well. With admission pegged at \$5 (not includes tax) and a bag of popcorn with butter for another \$5, it's the perfect place for a young person on a limited budget to bring a date.

But the more mature audience is definitely the target. And by more mature, Bauer is really referring to anybody older than 30 who wants something more intimate in a movie-going experience.

"It's fun to watch some of the parents or grandparents who will bring their young ones in to see the classics."

Classic Nights have featured films like *Casablanca*, *South Pacific* and *Rebel Without a Cause*.

There are also Foreign Film Nights, which feature such titles as *The Lives of Others* and *Death and Life Is Beautiful*.

Apart from the theme nights, the theatre screens many films that have just left major movie theatres. Like *Whip It*, for example, the Ellen Page-Drew Barrymore recent release that focuses on a young woman entering the roller derby scene.

Bauer took us upstairs for a look at the works-in-progress. When finished, the second floor of the downtown Ridgeway building will house five condominium units that will sell for between \$110,000 and \$140,000, depending on the size.

But the best part of the day's events? We're right with lots of windows and lots of great living space. And much of the finishing touches, such as flooring, can be custom-made according to the client's wishes.

I can't say enough about how impressive Heather Bauer and her operation are and how much respect we walked away with for her. We will definitely be regular clients.

The theatre's address is 320 Ridge Rd. Check out the website at [www.boutique-movies.com](http://www.boutique-movies.com).

See you at the movies.

**George Duma** is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at [gduma@cogeco.ca](mailto:gduma@cogeco.ca).



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## I'VE BEEN THINKING

## Going back to our Christian roots

PASTOR GARY TOMIUCK

Wainfleet Christian Congregational Church

As you look back upon this past year, do you see it as a time to retire from your Christian life? To hang up your sword? In full out of the battle?

Caleb was not ready to retire. He said when he was eight years old, "Give me this mountain."

After Elijah's great victory on Mount Carmel, everyone fell down and cried out "The Lord — he is God!"

When trials threaten you, when fear assails you, when depression sinks you, when you are sick or even on your death bed, say, "The Lord, he is God." God controls your future, the plants, the even names the stars. He controls your birth, when you were born; how, where and when you will die.

We need revival as a people, as his church. We should also cry out, "Lord, let the fire fall. Revive us, help us, heal us." Second Chronicles 7:14 says, "If my people, who are called by my name, will humble themselves and seek my face, and turn from their sins, I will hear them, forgive their sins and heal their land."

And does our land ever need a healing today.

Look at Elijah's prayer in 1 Kings 18:37. He is humbly praying and seeking God's face and cries out, "O Lord, answer me — answer me!"

That's boldness, that's passion, that's zeal for God's glory.

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That's boldness, that's passion, that's zeal for God's glory.

Why? So these people will know that you have brought them back from the depths. Verse 37 is a biblical reminder of review.

The devil's trap from sin back to God also involves both God and man. God turns us, and we turn and this involves divine sovereignty and human responsibility.

Let's look together at prayer. In verse 32 of 1 Kings 18 Elijah 1: Repaired the altar, these 12 stones represented the 12 tribes of Israel. These stones were scattered and lying in the dust. God's honour was not upheld — prayer was a distant memory.

How is your prayer altar? Is it in shambles, lying in the dust? Are you pleased with your prayer life?

After Elijah rebuilt the altar, he had four large jars filled with water, then poured over the offering. Elijah said, "Do not all have to be filled and refilled with his spirit?"

A favoured trick of the enemies of Israel was to fill their wells with dirt, mud and debris. Instead of digging new wells, they just had to clean out their old ones. The water underneath was still fresh and nourishing.

We don't need to re-drill new wells, we need to renew the old. The water, the word, the spirit is ancient yet ever new.

We don't need a new gospel, a new spirit or a new Jesus.

See I'VE BEEN THINKING | Page 16

# SPOTLIGHT on service



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## I'VE BEEN THINKING

FROM PAGE 15

On one occasion after Billy Graham finished preaching, some said to him, "Billy, you have just set the church back 100 years."

He responded, "That's not far enough. I want it to go back to the early church."

Rebuild the altars.

Rediscover the word.

Revival (let the fire fall).

Re-confession (the Lord is God).

If we want revival, we must confess our sins.

When we do, God is faithful and just to us.

forgive us of our sins and to cleanse us from all unrighteousness.

If you make resolutions or vows to God, keep them. You will be held accountable for them.

It is good to take stock or spiritual inventory of your Christian life.

As a young Christian, Jonathan Edwards drew up his own resolution before God: "Resolve to that I will do whatever I think to be most to God's glory."

He made 70 of these resolutions before God when he was a teenager.

You might ask yourself, "Am I satisfied

with my Christian life? Am I pleased with my prayer life? Am I content with my knowledge of God's word? Am I spirit filled and do I love God and other as I should?"

We do not know the future but God knows the end from the beginning. Many people cry out, "Is anyone out there?"

The United States spends billions of dollars to try and contact higher life forms, yet Jesus is the highest life — come to us.

Jesus/Emmanuel/God in the flesh came down to Earth to a hamlet to a lonely hand maiden. He came down to be born as a baby — a fetus, a cell.

To raise us up-out of our sins — up to new life then, one day, all the way up into glory.

The baby, now grown up, came this way the first time. He will return a second time but we know not when.

The last time he came as a lamb, the second time he comes as a lion.

Be ready — don't retire.

Serve the Lord faithfully and with his strength and might.

Why?

For the Lord is God. Yes, the Lord is God.

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## ■ along the lakeshore

**Jan. 31:** The annual meeting of the Winger Church of Christ (Disciples), Hwy. 3, Winger will be held following the 10:30 a.m. morning service.

**Feb. 5:** A fundraising concert will be presented by the Lakeshore Catholic High School music department featuring the British Invasion Band at 7 p.m. in the LCHS auditorium. Tickets are \$10 and are available at the door or by contacting the school at 905-635-2451. Funds raised will go towards scholarships, bursaries and new instruments.

**Feb. 7:** The Choralis Camerata presents the gospel train revolution evolution — a concert celebrating Black History Month and a progression of gospel music over the last two centuries. It will be held at 2:30 at St. John's United Church, 34789 Sodum Rd. Tickets are \$25 for adults, \$5 for students at the door or by calling 905-646-9225.

**Feb. 11:** The Roselawn Centre is holding its second annual Ladies Night Out. Attend for a night of friends, vendors, fine food and wine at 7:30 p.m. Tickets are \$25 and include appetizers, desserts and wine sampling. The market place will include purses, jewellery, tarot card reading, mini massages, chocolate treats, specialty drinks and more. For more information or to purchase tickets call 905-634-0833.



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Norbert Gieger »

### Ongoing

The 79 Lynton Davies Air Cadet Squadron meets every Tuesday at St. Peters Lutheran Church, 200 Erie St., Port Colborne, from 6:30 p.m. to 9:30 p.m. Interested persons should contact Captain John Derouette at 905-227-7609.

Kids zone for children age six to 12 runs every Monday and Friday from 6 p.m. to 8:30 p.m., at the centre for Community Living, 100 McRae Ave. The program runs until June 18 for a \$5 registration fee. Free transportation available. Call 905-835-8941 ext. 135. All events are supervised by adults.

### Library activities

Adult knitting classes with Vicki Fretz, held Tuesday evenings, 7 p.m. to 9 p.m. until April 20. The Thursday afternoon classes are from 1 p.m. to 3 p.m. Until Mar. 11, then begin again on March 25 to April 22. To join the knitters club, call 905-835-5373.

Tai Chi Can: Improve your health, well-being, balance and breathing. Mondays 6:30 p.m. to 8 p.m. in the auditorium. Call 905-321-9536 for more information.

Express Yourself: Writer's Support Group with facilitators Gary and Kitty Roy. Thursdays 6 to 8 p.m. Practical advice on getting pub-

lished, finding a literary agent, and copyrights. For more information contact the facilitators by e-mail at groy1@Cogeco.ca, or call the library at 905-834-6512.

Firms for seniors presented the first Wednesday of the month until May, 1:30 p.m. in the auditorium. Free admission and refreshments.



## THE CORPORATION OF THE TOWNSHIP OF WAINFLEET

The Corporation of the Township of Wainfleet invites area residents who would be interested in being a member of any of the following committees.

- Fenceviewer - 3 positions available
- Playground Site Selection Committee (PSSC)
- 2 positions available

Interested residents may submit their application to Tanya Lamb, Township Clerk. Application forms may be downloaded from the Township's Web Site ([www.township.wainfleet.on.ca](http://www.township.wainfleet.on.ca)) or by picking up a form up from the Township Office during regular business hours (8:30 am to 4:30 pm).

Completed application forms may be dropped off at Township Office, mailed, emailed (t lamb@township.wainfleet.on.ca) or faxed (Attention Tanya Lamb at 905-899-2340), by no later than Friday, February 12th, 2010.

Tanya Lamb, Clerk  
Township of Wainfleet  
P.O. Box 40  
19M43 Highway #3  
Wainfleet, Ontario.  
L0S 1V0

PHOTO BY JEFFREY D. HARRIS FOR THE INPORT NEWS

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FRIDAY, JANUARY 29, 2010

## PETS

Which group of dogs should you pick from?



Sandie Bingley  
IT'S A DOG'S LIFE

There are seven groups of dogs, plus the rare breeds that aren't recognized — or able to be registered — in Canada as yet.

The groups are divided according to the work they were originally meant to do.

Group No. 1: Sporting dogs that went with hunters to spot or retrieve game (usually birds).

Group No. 2: Hounds which chased game (by sight or smell) so that hunters could find them (usually bigger game such as deer, bear, wolves).

Group No. 3: Working dogs that worked with man by pulling carts or sleds; or by protecting man and guarding his herds.

Group No. 4: Terriers that were used to rid man of rodents in their homes and farms.

Group No. 5: Toy dogs kept as pets in size and weight) used mainly for pleasure and to bring in kings and royalty.

Group No. 6: Non-sporting dogs (these dogs don't fit in any other group so are put here. Great variety of uses, sizes, shapes and temperaments).

Group No. 7: Herding dogs that worked for man by moving the herds of cattle or sheep to where man wanted them to go. Some of these breeds also guarded man and the herds.

The rare breeds (most of which come from other countries) will likely get recognized by the CKC (Canadian Kennel Club) and at that time they will be placed into one of the seven groups, depending on what they were used for in their home country.

First, these rares must be researched to prove they really are a true breed. These dogs must look the same in type, colour, markings, back ground and general looks. In other words, all the puppies must grow up to look like their parents in size and shape. Records must have been kept to prove who the parents were to provide a family tree of many generations.

In each group of dogs, some traits will be the same. For example, most sporting dogs are energetic and eager to please. Most hounds are independent. Working dogs share the same traits. Terriers are usually small, very generally fearless, energetic and independent thinkers. Herding dogs should be protective, loyal and have great endurance. Toys and non-sporting dogs will have a great variety of temperaments and traits as they had so many different uses during earlier times.

With mixed breeds, the temperaments and traits can vary from breed to breed because the parents were from two different breeds or more.

So now you can see that choosing the right breed to be a house pet can be difficult.

For example, folks who have chosen a Border Collie (energy and stamina) and want him to be a calm, quiet house dog, may have picked a puppy that would rather be outside working or doing running games to use some of his excess energy.

Choose wisely to not be disappointed.

Don and Sandie Bingley of Sandon Kennels in Sherston have trained dogs and bred Pembroke Welsh, Corgis and Tibetan Spaniels for 35 years. They can be reached at 905-894-4943.